

## Trauma-Informed Care and Trauma Treatment Webliography

### RESOURCES AND INFORMATION

#### **The Anna Foundation**

<http://www.annafoundation.org/TIC-RESOURCES.html>

#### **Center for Mental Health Services, National Center for Trauma Informed Care**

<http://mentalhealth.samhsa.gov/ncctic/trauma.asp>

NCTIC is a technical assistance center dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services.

#### **Child Trauma Academy**

<http://www.childtrauma.org/>

CTA is a not-for-profit organization based in Houston, Texas working to improve the lives of high-risk children through direct service, research and education.

#### **Community Connections**

##### **Trauma-Informed Services: Creating Cultures of Trauma-Informed Care**

<http://www.communityconnectionsdc.org/web/page/672/interior.html>

Programs and systems can Create Cultures of Trauma-Informed Care (CCTIC) by incorporating, an understanding of the prevalence and impact of trauma and the complex paths to healing and recovery. Building on key principles of safety, trustworthiness, choice, collaboration, and empowerment, trauma-informed services are designed specifically to be welcoming and hospitable for all individuals.

#### **The Institute for Health and Recovery**

<http://www.healthrecovery.org/>

The Institute for Health and Recovery is a statewide service, research, policy, and program development agency. IHR's mission is to develop a comprehensive continuum of care for individuals, youth, and families affected by alcohol, tobacco, and other drug use, mental health problems, and violence/trauma that integrates gender-specific, trauma-informed and relational/cultural models of prevention, intervention, and treatment.

#### **Risking Connection**

<http://www.sidran.org/sub.cfm?contentID=129&sectionid=7>

Risking Connection is a model for understanding and responding to the needs of people who have been profoundly wounded in interpersonal relationships. The model was originally developed out of a partnership between Sidran Institute and the Trauma Research, Education and Training Institute (TREATI), with the goal of creating a training model that could be used to teach clinicians, agency-based service providers, and frontline helpers of all types how best to respond to survivors of interpersonal trauma, such as child abuse and family violence.

#### **The Sanctuary Model**

<http://www.sanctuaryweb.com/>

The Sanctuary Institute is a trauma-informed training organizational development program offered by Dr. Sandra L. Bloom and the Andrus Children's Center to teach organizations how to adopt the Sanctuary Model as a trauma-informed approach to intervention and treatment.

#### **'Trauma is Common Denominator – Healing is the Common Goal'**

<http://www.witnessjustice.org/health/trauma.cfm>

A research-based overview of the nature and impact of trauma.

*Adapted from Behavioral Health Education & Training Academy*  
<http://theacademy.sdsu.edu/programs/BHETA/resources.htm>

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## RESEARCH

### **National Child Traumatic Stress Network**

[http://nctsn.org/nccts/nav.do?pid=hom\\_main](http://nctsn.org/nccts/nav.do?pid=hom_main)

NCTSN is a collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families.

### **National Center for Post-traumatic Stress Disorder**

<http://www.ncptsd.va.gov/ncmain/information/>

The PTSD Information Center contains in-depth information on PTSD and traumatic stress for a general audience. We answer commonly asked questions about the effects of trauma, including basic information about PTSD and other common reactions. You can find out about treatment and coping or view videos to learn more.

### **John Briere, Ph.D.**

<http://www.johnbriere.com/articles.htm>

Dr. Briere is author of a number of books, articles, and chapters in the areas of child abuse, psychological trauma, and interpersonal violence. Dr. Briere also has developed various psychological tests and assessments.

### **David Baldwin's Trauma Information Pages**

<http://www.trauma-pages.com>

These Trauma Pages focus primarily on emotional trauma and traumatic stress whether following individual traumatic experience(s) or a large-scale disaster.

### **International Society for Traumatic Stress Study (ISTSS)**

<http://www.istss.org/Home.htm>

The International Society for Traumatic Stress Studies provides a forum for the sharing of research, clinical strategies, public policy concerns and theoretical formulations on trauma.

### **Trauma Recovery Assessment Prevention Services**

<http://www.traumaprevention.com>

A plethora of articles by David Berceli, Ph.D. written in common language that relay the effects that stress, anxiety, and trauma have on our mental well-being and our physical health.

### **International Society for the Study of Trauma and Dissociation**

<http://www.isst-d.org/>

The International Society for the Study of Trauma and Dissociation is organized to develop and promote comprehensive, clinically effective and empirically based resources and responses to trauma and dissociation.

## TRAUMA-INFORMED ADVOCACY

### **Witness Justice**

<http://www.witnessjustice.org/index.cfm>

Witness Justice was established in 2001 by survivors, for survivors. The vision for Witness Justice is to address the gaps in service experienced by survivors of violence and trauma.

### **Your Strength to Heal**

<http://strengthtoheal.com/>

This website, created by Kim Kubal, provides resources for survivors of sexual, physical, emotional and spiritual abuse as they continue on their healing journey. It also provides informative articles and links which will lessen the feelings of isolation as one heals from this trauma. Clinicians and counselors share their healing tools working with these survivors, as well as survivors and caregivers.

*Adapted from Behavioral Health Education & Training Academy*

<http://theacademy.sdsu.edu/programs/BHETA/resources.htm>

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## EMPIRICALLY SUPPORTED TREATMENTS AND PROMISING PRACTICES -- YOUTH

### National Child Traumatic Stress Network (NCTSN)

The following 30 Fact Sheets (PDF) can be viewed and obtained at:

[http://www.nctsn.org/nccts/nav.do?pid=ctr\\_top\\_trmnt\\_prom](http://www.nctsn.org/nccts/nav.do?pid=ctr_top_trmnt_prom)

- AF-CBT : Abuse Focused Cognitive Behavioral Therapy for Child Physical Abuse
- DBT-SP : Adapted Dialectical Behavior Therapy for Special Populations
- TAP : Assessment-Based Treatment for Traumatized Children: Trauma Assessment Pathway  
[www.taptraining.net](http://www.taptraining.net), [www.chadwickcenter.org](http://www.chadwickcenter.org)
- ARC : Attachment, Self-Regulation, and Competency: A Comprehensive Framework for Intervention for Complexly Traumatized Youth  
CARE : Child Adult Relationship Attachment [www.traumacenter.org](http://www.traumacenter.org)
- CPP : Child-Parent Psychotherapy
- CBITS : Cognitive Behavioral Intervention for Trauma in Schools
- CPC-CBT : Combined Parent Child Cognitive-Behavioral Approach for Children and Families At-Risk for Child Physical Abuse
- ITCT : Integrative Treatment of Complex Trauma; Integrated Treatment for Complex Trauma for Adolescents (ITCT-A) treatment guide; Integrated Treatment for Complex Trauma for Children (ITCT-C) treatment guide [www.johnbriere.com/articles.htm](http://www.johnbriere.com/articles.htm)
- PCIT : Parent-Child Interaction Therapy
- RLH : Real Life Heroes
- STAIR/NST: Skills Training in Affective and Interpersonal Regulation/ Narrative Story-Telling
- SPARCS : Structured Psychotherapy for Adolescents Responding to Chronic Stress
- SFCR : Strengthening Family Coping Resources
- TGCT : Trauma and Grief Component Therapy
- TARGET-A : Trauma Affect Regulation: Guidelines for Education and Therapy for Adolescents and Pre-Adolescents [www.advancedtrauma.com](http://www.advancedtrauma.com)
- TF-CBT : Trauma-Focused Cognitive Behavioral Therapy <http://tfcbt.musc.edu/>
- TG-CBT : Trauma-Focused Cognitive Behavioral Therapy for Child Traumatic Grief  
<http://ctg.musc.edu/>
- TST : Trauma Systems Therapy

## TRAUMA TREATMENT MODALITIES -- ADULTS

The United States Department of Veterans Affairs houses the **National Center for PTSD** where providers can find evidence-based treatment overviews: <http://www.ptsd.va.gov/professional/pages/fslist-tx-overview.asp>

- Overview of Psychotherapy for PTSD: <http://www.ptsd.va.gov/professional/pages/overview-treatment-research.asp>
- Cognitive Behavioral Psychotherapies: <http://www.ptsd.va.gov/professional/ptsd101/course-modules/cbi-for-ptsd.asp>

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- Prolonged Exposure Therapy: <http://www.ptsd.va.gov/professional/ptsd101/course-modules/cbi-for-ptsd.asp>

Promising practices in trauma treatment are explained on the website: **Integrative Trauma Treatment** <https://trauma101.com/?pID=26>. This is not an endorsement of the website but rather a convenient set of links that provides a brief introduction to each of the treatment modalities listed below:

[Accelerated Experiential Dynamic Psychotherapy](#)  
[Acceptance and Commitment Therapy](#)  
[Brainspotting](#)  
[Dialectical Behavior Therapy](#)  
[The Developmental Needs Meeting Strategy \(DNMS\)](#)  
[Emotional Freedom Technique](#)  
[EMDR](#)  
[Energy Psychology](#)  
[Focusing](#)  
[Gestalt Therapy](#)  
[Hakomi](#)  
[Hypnosis & Hypnotherapy](#)  
[Internal Family Systems Therapy](#)  
[Interpersonal Neurobiology](#)  
[Mindfulness Based Cognitive Therapy](#)  
[Narrative Therapy](#)  
[Neurofeedback](#)  
[Neuro-Linguistic Programming](#)  
[Psychodrama](#)  
[Sensorimotor Psychology](#)  
[Somatic Experiencing](#)  
[Somatic Trauma Therapy](#)

## PSYCHOLOGICAL PREPAREDNESS

### Emotional CPR

<http://ncmhr.org/emotional-cpr.htm>

eCPR is an educational program designed to teach anyone to assist another person through an emotional crisis by three steps of C=Connecting, P=emPowering, and R=Revitalizing. eCPR is based on the principles found to be shared by a number of support approaches: of trauma-informed care, counseling after disasters, peer support to avoid continuing emotional despair, emotional intelligence, suicide prevention, and cultural attunement.

### Mental Health First Aid

[http://www.mentalhealthfirstaid.org/cs/program\\_overview/](http://www.mentalhealthfirstaid.org/cs/program_overview/)

Mental Health First Aid is a public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid USA is managed, operated, and disseminated by three national authorities — the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

### Psychological First Aid

<http://www.ptsd.va.gov/professional/manuals/psych-first-aid.asp>

Developed jointly with the National Child Traumatic Stress Network, PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism: to reduce initial distress, and to foster short and long-term adaptive functioning. It is for use by first responders, incident command systems, primary and emergency health care providers, school crisis response teams, faith-based organizations, disaster relief organizations, Community Emergency Response Teams, Medical Reserve Corps, and the Citizens Corps in diverse settings.

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